



# Ypsi Mix

312 N River Street, Ypsilanti MI

734-483-1520


www.ypsifoodcoop.org

## Ypsi Food Co-op at the Heritage Fest

—By Liz MacGregor and Liz Delcamp



It's time again for the Heritage Festival. Since 1979, Riverside Park has hosted this celebration of Ypsi history in late August. This year, Heritage Festival is Aug. 17, 18 and 19. The Ypsilanti Food Co-op is participating for the 18th year.



For the past seven years, the Co-op has been part of the Green Tent, which highlights organizations working in SE Michigan to protect the environment, conserve energy and help people access healthy, local foods.

### Get Involved

For the past few years, the Co-op has sold Michigan fruit at a booth at the Heritage Festival. This year, we're not sure what fruits we'll be selling, due to the crazy spring weather that led to poor fruit crops. There will at least be Solar Ypsi tee-

shirts, water bottles, and re-useable bags for all your festival goodies. The Co-op will also provide information about the benefits of buying local and sustainable foods and how to get involved with the many efforts promoting sustainability in Ypsilanti. And we'll still need volunteers to help us staff the booth!

### Fun at the Festival

Activities in the Green Tent this year will include education about sustainable living options like solar and wind energy and the use of rain barrels for water conservation and erosion control. There will also be outdoor games and crafts for kids. The Huron River Watershed Council will be auctioning off a kayak and teaching about the river ecosystem. Growing Hope will be there to discuss growing healthy

food access here in Ypsilanti. They will also be raffling off a children's playhouse.

In past years, we've also marched in the Heritage Festival Parade. Look for sign up sheets in the store to represent your Co-op in the parade or help out at our booth.

### Solar Powered Festival

This year's Heritage Festival is going to be partly sun-powered. SolarYpsi and IlluminArt are teaming up to set up a 6 kilowatt ground array that will be connected to the park's electrical system and help power the festival. Find out more: [Solar.Ypsi.com](http://Solar.Ypsi.com)

Knowledgeable volunteers will be on hand to explain how solar power works, how it's installed on buildings, and the economics of choosing solar power.

We hope to see you at the Heritage Festival!

# Folk Art Co-ops around the World

—By Lisa Bashert



*A Colombian hat-makers' cooperative was just one example of the many artist co-ops at the Santa Fe International Folk Art Market in July 2012*

Try to go on vacation and your work follows you! That's what happened when I went to the International Folk Art Market in Santa Fe last month. I attended the famous two-day event—and learned so much about the importance of cooperatives around the world while there.

The program for the Folk Art Market contained a three-page feature article on the more than 40 co-ops participating in 2012—more than 30% of the artists are in one.

The article profiled several artist co-ops from around the globe. One poignant story focused on the Rwandan basket-weavers co-op, Gahaya Links Cooperative. It is composed of both Hutu and Tutsi women, many of whose husbands died in the genocide that took place there in the 1990s. These women needed a livelihood, a

source of income, and a healing process for their community. Today, more than 3,000 women from both tribes participate in the co-op. They specialize in making conical, elegantly-shaped "peace baskets" (below).

First time participants in the Market receive an average of \$100,000 in financial support to be there, in travel costs, visitor accommodations while in Santa Fe, translators, help with cash transactions, sales prep, and more. The average vendor last year took home \$17,300.

The cooperatives at the Folk Art Market were usually founded by and tend to have a largely female membership. The attention to economic justice made me really happy I attended!



## Recipe: Double Tomato Bruschetta

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Double  
Tomato  
Bruschetta  
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6 Roma (plum) tomatoes, chopped  
½ cup sun-dried tomatoes, chopped  
3 cloves minced garlic  
¼ cup olive oil  
2 Tbs balsamic vinegar  
¼ cup fresh basil, chopped  
1 large River St. baguette  
2 cups grated mozzarella  
Salt and freshly-ground black pepper to taste

### Directions:

In a large bowl, combine the Roma and sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes. Cut the baguette into 3/4" slices and arrange them on a baking sheet. Broil 1 - 2 minutes, until slightly brown. Divide the tomato mixture evenly over the baguette slices. Top with mozzarella. Broil until the cheese is melted.

# A Peek at Produce

—By Jen Whaley



As I write this month's column, I am enjoying a *Caprese* salad with local, vine-ripened tomatoes, fresh mozzarella, basil, and extra-virgin olive oil; at this moment there is no doubt in my mind as to the supreme rule of the tomato over summer produce. Delicate,

flavorful, versatile...what's not to love? Unfortunately, our love-affair with the tomato has led commercial growers to produce an abundance of pink, mealy, flavorless fruit that does nothing to satisfy our hearts' deepest desires. My personal solution? Binge on fresh tomatoes through October, and then avoid them till next July. But seriously, rather than lament the lack of quality tomatoes in February, why not make the most of the abundant summer harvest?

For starters, choose wisely: select fruit that is heavy for its size and free of bruises or blemishes. And don't worry if you're color-blind –

a tomato's distinct aroma, not its color, is the best gauge of ripeness. Second, NEVER store your tomatoes in the refrigerator; this will kill the flavor faster than you can say *Bruschetta*. Instead, store them in a cool, dark place as you would potatoes.

Finally, preserve as much as possible by canning or freezing. If you don't have a garden, you can special-order a 25-pound box of local tomatoes from the co-op. But most importantly, enjoy them while they're here!

Didn't get the reference above? Try the recipe on page 2 for Double Tomato Bruschetta!

## August Events

**Thursday  
Aug 16, 7:30pm**

**The Cooperative Movement  
Suite 3F, 330 E Liberty, Ann Arbor**

Join us for a public discussion on co-ops as an alternative way of organizing our lives led by Gaia Kile of the Ann Arbor People's Food Co-op. Co-organized by: the Co-op Solidarity Team of the Inter-Co-operative Council, Ann Arbor (aka the student housing co-ops) and Washtenaw Community Action Team (WCAT). 18 Co-Cyclers will join us — read more at [www.co-cycle.coop/](http://www.co-cycle.coop/)

**Saturday Aug 18, 9:00am - noon**

**Ypsi Heritage Parade & Festival**

Volunteers needed to help staff the Ypsi Food Co-op's booth and march in the Heritage Parade.

**Thursday Aug 23, 6:00-6:45pm**

**"Get to Know Your Co-op" Orientation**

All member/owners new and old are invited. We'll take a tour of the store and view a short slide show! Get a 12% grocery discount for attending.

**Friday Aug 24,  
Potluck 6:00pm, Film 7:00pm**

**Film: "If A Tree Falls" at  
Downtown Ypsilanti Library, 229 W Michigan, Ypsi**  
Immediately following the 6pm Growing Hope Community Potluck—all are invited! The Sustainability Film Series is co-sponsored by YFC, the Ypsi District Library, Growing Hope, and Transition Town Ypsi. "If A Tree Falls" tells the remarkable story of the Earth Liberation Front, by focusing on the radicalization of one of its members. Part coming-of-age tale, part cops-and-robbers thriller, the film asks hard questions about environmentalism, activism, and how we define terrorism.

**Monday Sept 3, 2012**

**Ypsi Food Co-op will be closed  
in honor of Labor Day!**





The Co-op currently carries a variety of vegetables from Snick's Farm, including curly and lacinato kale, red and green cabbage, potatoes, and peppers.